

Hawaii MARINE LIFESTYLES

Hawaii Marine B Section

February 22, 2001

TAEKWONDO



Chris Howell, an orange belt, performs a side kick during warm ups for Taekwondo practice in the Family Gymnasium aboard MCB Hawaii, Kaneohe Bay.



Scott Shafer, a yellow belt, side kicks a mat held by Mason. Students kick various parts of the mat, from top to bottom, to perfect their kicking techniques.



Chief instructor, Noah Mason Jr. leads his class of beginning students by teaching them basic blocking techniques.

Class offers lessons in art of unarmed combat

Story and photos by
Cpl. Roman Yurek
Combat Correspondent

As the fight progresses, one man jumps and throws out his leg, hitting his opponent with a kick to the head. Following the jump kick, he lands and immediately delivers another kick, this time to his opponent's chest.

Kick after kick, punch after punch, a referee calls the fight and announces the winner.

The constant hook and roundhouse kicks are typical of only one type of martial art — Taekwondo.

Residents of MCB Hawaii can learn this Korean art of unarmed combat at the Family Gym during the Korean Martial Arts Taekwondo K-Bay class.

"Taekwondo is different from other martial arts due to its flying kicks, high kicks and jump kicks," said Noah Mason, Jr., chief instructor for the class and a fourth degree black belt.

Mason tries to make the class as affordable as possible for potential and new students.

"Before someone joins the class, I give them a free class," said Mason. "This way they can see if this is what they want or not."

He also doesn't require students to purchase a uniform as soon as they join. Classes cost \$35 a month for 10 classes, but if there is a holiday and class is canceled, he prorates that month.

"I am here to teach, not to take people's money," he added. "I even offer a family rate. If there is a family member as a stu-

dent and another family member wants to join, the cost drops to \$17.50 for additional family members."

His students are taught more than offensive and defensive fighting tactics. They learn to appreciate Taekwondo as a sport and art, along with respect and responsibility, according to Mason.

"A friend of mine recommended Taekwondo to me. He was a black belt," said Scott Shafer, a yellow belt. "I was in wrestling before this. In wrestling, we just tried to pin people, but Taekwondo is totally different. Here we learn to throw punches and kicks."

Moving from base to base can disrupt a student's teachings, but Mason allows new students with prior martial arts knowledge to keep their current belt. When they take the class, Mason ensures that they know the techniques for all the lower belts in Taekwondo. For example, if a student was an orange belt at another school and comes to K-Bay, Mason ensures that students learn all the movements for white belt.

The Taekwondo class is offered Tuesdays, Thursdays and alternating Saturdays. On the weekdays, class is broken up. The beginner students class is from 5:30 to 6:30 p.m., advanced class is 6:30 to 7:30 p.m. and the adult class is 7:30 to 8:30 p.m. On Saturday, class is held in the same manner, 9-10 a.m. for beginners, 10-11 a.m. for advanced students and 11 a.m. to noon for all adults.

To experience the flying kicks of Taekwondo, visit the Family Gym during class hours and talk to the highest-ranking American Taekwondo Association member in Hawaii — Noah Mason.



Some students become airborne when practicing the front jump kick — just one of many kicks the students are taught during Taekwondo practice.



**For more information on K-Bay
Taekwondo classes, call
254-7611**



MCCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Aisoff, MCCS Public Affairs

Right Hand “Person” Night
Working hard behind the scenes, making sure your orders are meticulously followed through—this is all part of your Right Hand Person’s day. Show these deputies your appreciation and take them to the O’Club’s Right Hand Person Night, this Fri. at 4:30 p.m. in the Koa Bar.
You and your number one will discover free pupus, drink specials, pool, darts and more. Call 254-7650.

Exceptional Family Member Program
Families with members who have special physical, emotional and educational needs are encouraged to discover the many resources available to them through the Exceptional Family Member Program available aboard MCB Hawaii.
Qualifying persons are invited to attend the EFMP discussion meeting hosted by Belinda Sims, EFMP’s Headquarters Manager, on Monday in Bldg. 216 from 11 a.m. – noon. During this forum, guests will learn more about procedures, policies and address their questions and concerns. Get the facts. Get your resources. Call Paula Webster, EFMP Coordinator at 257-7783.

A Supervised Spring Fling
It’s a kid’s dream come true. It’s every working parent’s dilemma. Spring break for many school children is approaching. What are your plans? Here’s a solution both you and your child will agree on, Youth Activities’ Spring Adventure scheduled for March 26 – 30.
From 7 a.m. – 5 p.m., your child will engage in supervised sports, arts-n-crafts and recreational adventures. A light breakfast and afternoon snack are provided. Participants will need to bring a daily lunch. All military, Marine Corps Community Services and DoD family members in grades K – 6th grade are eligible and payment is determined by total family income.

Space is limited. Reservations are accepted beginning Feb. 25 at Youth Activities, Bldg. 5082. Spring into action before the only springing going on in your house is between your child and the remote control. Call 254-7610.

Pancake Pile-Up
They’re stacking them high and serving them hot. National Pancake Week is almost here. This tasty celebration is recognized Feb. 26 – March 4. In honor of these delicious disc days, Fairways Sports Grill is hosting the “Pancake Pile-Up.”
For the entire National Pancake Week, pay homage to Fairways Sports Grill for a pancake feast. All-you-can-eat pancakes for only \$1.95. This isn’t just a breakfast thing—Chef Gordon will be panning out pancakes all day! Choose from Banana, Blueberry, Taro and Chocolate Chip pancakes.
The grand finale ignites March 2 with a “Who Can Eat the Most Pancakes?” contest from noon – 1 p.m. No need to register, simply show up and chow down. The winner receives a round of golf at the Kaneohe Bay Klipper.

Fairways Sports Grill is an all-hands, choice restaurant located in Bldg. 3088 and is open Mon. – Thurs. 7 a.m. – 6:30 p.m. Fri. – Sun. 6 a.m. – 6:30 p.m. For more information, call 254-5592.

Pack-Rat Attack
When did this happen? Clutter here, clutter

there—piles of stuff everywhere. Finding it tough to get it together these days? Get control of your inner-pack-rat. Attend Personal Services’ free “How to De-Junk Your Life” class, Tues. Feb. 27 in Bldg. 216 room 57 from 11:45 a.m. – 1 p.m.
Learn the tools of the trade to help put you back in control of your life. Simplify. Clarify. Make your reservation now. Call 257-7787.

Robin Hood Adventures
Medieval times return to K-Bay. Live the adventures of Robin Hood, Little John and the Sheriff of Nottingham.
Target the competition during the MCCS - K-Bay Rod and Gun Club’s 4th Annual Archery Tournament, March 10 at the Base Marina. Register onsite at 7:30 a.m. Competition starts at 8:30 a.m. in Junior (15 yrs. and under), Compound Bow and the Traditional Bow. Archery enthusiasts will aim for 3-D targets and novelty shots. Spectators will enjoy free introductory instruction and the K-Bay Rod and Gun Club will provide a BBQ lunch. 254-7666.

Strive to Thrive
Have you been properly welcomed to Marine Corps Base Hawaii? No, a mere greeting with a flower lei does not count. A real welcome provides information. A real welcome gets you grounded and excited. Are you fully aware of the vast opportunities of resources, services and special events that happen every day aboard MCB Hawaii?

Did you know that authorized military I.D. card holders are eligible to take free self-enrichment classes, utilize the Semper Fit Center’s many services, become members to various clubs and may save lots of cash by shopping at the Marine Corps Exchange?
Find out what’s offered at your new home at the next Marine Corps Community Services’ New Arrival’s Orientation, Thurs. March 1 at the Base Theater, Bldg. 219 from 7:30 – 11:30 a.m.
During this informational brief, you’ll receive advice and insight from various keynote speakers from both MCB Hawaii and MCCS regarding topics like base safety, legal, education, special events, Single Marine and Sailor Program, public affairs and more.
In the lobby area, you can benefit from the Marketing Information Station, sponsored by GEICO, AIG Hawaii and AT&T, who provide free coffee and donuts as well as showcase product literature and give-a-ways.
Moving is sometimes rough. Settling in and getting acclimated is sometimes even rougher. Make it your personal goal to reap the most of your incredible, tropical tour—start by attending this free, entertaining orientation. For more information, call Relocation Specialist, Marie Jesus at 257-7788.

Sailors, Sail the Educational Seas...
All Sailors and adult family members, the Joint Education Center has good news for you. Before you begin your educational journey, make an appointment with the new Navy College academic advisor who will steer you clear of the many confusing detours and educational roadblocks. Are you considering taking a CLEP exam? Getting a professional certification? Entering a distant educational program? You need someone on your side to present unbiased information.
The Navy academic advisor is available Mon. and Wed. from 7:30 a.m. – 4 p.m. Call 257-2158.

SM&SP



Your Prez Says...
By Petty Officer 2nd Class John Konecko

Commitment:
Commitment is what transforms a promise into reality.
It is the words that speak boldly of your intentions and the actions which speak louder than words.
It is making the time when there in none. Coming though time after time, year after year.
Commitment is the stuff character is made of; the power to change things.
It is the daily triumph of integrity over skepticism.
Commit to make it happen today.

For a recap of the last SM&SP meeting minutes, email the SM&SP president at: koneckoJJ@mcbh.usmc.mil

Get out of the barracks and into island life! The Single Marine and Sailor Program has plans for you. All single, active duty, here’s what’s ahead...

February Events
Saturday, Sky Surfing Glider Ride, E-5 & below. 25-min. glider ride & BBQ Lunch. \$30.

March Events
March 10, Deep Sea Fishing. Single, active duty only. Chartered boat, tackles & bait. \$60.
March 31, Inter-service Paintball Tournament. All active duty. \$150 team of five.
Polynesian Cultural Center Trip. Single, active duty, E-5 & below. Tour seven villages, pageant of long canoes, tram tours, brass concert, evening show & IMAX, \$38.

For more information, call the SM&SP Coordinator, Dawn Williams at 254-7593.

Have it your way at the Fairways

K-Bay kitchen offers catchy culinary delights

Debbie Aisoff
MCCS Public Affairs

Have you experienced divine cuisine? Visit Fairways Sports Grill for breakfast, lunch, pupus or an early dinner and you will.
Many entrees from the updated Fairways Sports Grill menu were conceived as Marine Corps Community Services’ Executive Chef Gordon Lum journeyed to dreamland.
“I dream of food—I really do,” said Lum. “It sounds crazy, but when I sleep it hits me just how this and that will work or what exact herb will heighten the flavor of that.”
With a little help from “above,” Chef Lum has recently restructured the Fairways Sports Grill menu and added anticipated dishes like the Fairways Spicy Shrimp, which is a hearty shrimp pupu cooked and seasoned similar to spicy buffalo wings.
Chef Lum is quick to point out that the new Sampler Platter features a bit of everything from chicken wings, shrimp, Calamari and deep-fried

cheese sticks and is a guaranteed party pleaser.
In a world of fine provisions and pallets, Chef Lum routinely orchestrates scores of dishes but one new item he’s especially proud and excited about is the steamed clams.
“It’s all about diversity,” said Lum, “Fairways is really the club of choice. We offer a variety of great food, great atmosphere for all-hands and now we’re open longer.”
Consistently convenient, Fairways Sports Grill is now open seven days a week and serves breakfast beginning at 7 a.m. Mon. – Thurs. and 6 a.m. Fri. – Sun.
Located at the onset of the Kaneohe Bay Klipper Golf Course, the grill is an ideal spot to fuel up before heading out to hit the green or to unwind and recap the 18-hole triumph or tragedy.
With friends or with family, Chef Lum is convinced that once you try the Fairways Sports Grill, you’ll be back.
“It’s always about the customer,” said Lum, “and now with our new menu, and longer hours—guests really have it their way at Fairways.”



Debbie Aisoff
Chef Gordon prepares to whip up another colorful cuisine.

7th Annual Swamp Romp slated for St. Patrick’s Day

Debbie Aisoff
MCCS Public Affairs

Who will be the ultimate Swamp Romp Survivor? The Marines call it a physical training session in “boots and utes.”
Competitive, athletic types coin it as “the messiest race on the island.” We just call it “dirty fun!”
Marine Corps Base Hawaii invites the island to compete in Combat Service Support Group 3’s 7th Annual Swamp Romp, a 5.2-mile, six team member race through the mud, swamps and over obstacles, March 17.

They must be nimble. They must be quick. Gather a six-person team to run through the mud and the thick! All participants must wear long trousers and boots.
A perpetual trophy is presented to the



MCCS Photo
A team celebrates after completing the 6th Annual CSSG-3 Swamp Romp.

Marine Corps Command to win overall - first place. Medals will be presented to 1st, 2nd, and 3rd place winners.
A registration fee of \$72 for each team includes an exclusive Swamp Romp T-shirt. The race is limited to the first 225 teams to apply.
Information packets may be picked up at the Semper Fit Center, Bldg. 3037, on March 15 and 16.
A family fun course for those who wish to participate will take place after the Swamp Romp.
For more dirty details call 254-7590.
The MCB Hawaii Swamp Romp is organized by Marine Corps Community Services.
All race proceeds benefit the quality of life for Marines, Sailors and their family members stationed aboard MCB Hawaii.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults and \$1 for children.
Parents must purchase tickets for “R” rated movies in person at the box office for children 16 years old and younger.
For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.
Please show your ID at the box office. Phone 254-7642 for recorded information. Evening movies start at 7:15.

The Pledge (PG-13)	Friday at 7:15 p.m.
The Family Man (PG-13)	Friday at 10 p.m.
Thirteen Days (PG-13)	Saturday at 7:15 p.m.
Double Take (PG-13)	Saturday at 10:15 p.m.
Rugrats in Paris (G)	Sunday at 3:30 p.m.
Ms. Congeniality (PG-13)	Sunday at 7:15 p.m.
Thirteen Days (PG-13)	Wednesday 7:15 p.m.

MCCS MISSION

Uplift the spirits of the Marine Corps and Navy families and support Marine Corps and Navy readiness and retention through customer-owned and driven MCCS programs, goods and services, in garrison and deployed environments.

Talk to MCCS!

Do you have questions or comments about Marine Corps Community Services? What about suggestions? Voice your opinion!

E-mail your questions, comments, concerns or suggestions to

www.talktomccs@usmc-mccs.org

‘It’s your move’ booklets online to help lighten troop transition load

Rudi Williams
American Forces Press Service

WASHINGTON — Plan early. Get copies of your orders. Visit your transportation office early. Estimate the weight of your household goods.

This is just some of the advice Military Traffic Management Command officials offer military and civilian personnel and their families who are on the move. The weight of your household goods, stored items and unaccompanied baggage is important in a move because you pay all charges connected with the excess — possibly hundreds to thousands of dollars, officials said.

The only way to avoid excess weight charges is to stay within your authorized weight allowance by estimating early and disposing of unnecessary possessions — you may not know for months how much your shipment officially weighed, and then it’s too late.

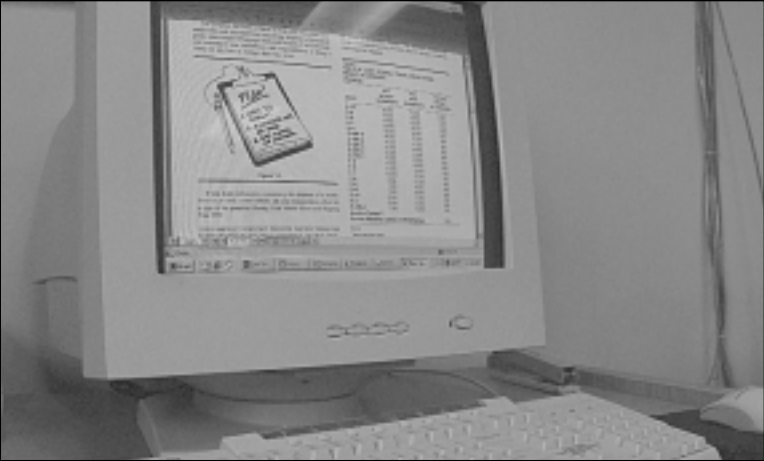
Download a copy of the Army “It’s Your Move” pamphlet from www.mtmc.army.mil/property/relatedlinks.htm. It’s the first listed link on the page. The pamphlet should be useful to members of all the services, with its weight allowance charts and wealth of other information about moving.

Your authorized weight allowances also can be found in the table of Joint Federal Travel Regulations Weight Allowances at <http://books.usapa.belvoir.army.mil:80/cgi-bin/bookmgr/BOOKS/afp7545/TABLES>.

Weight allowances are established under provisions of the Joint Federal Travel Regulations and are the maximum weight you can move at government expense. Officials emphasize that weight estimates are planning tools only and in no way binding. You can’t use an estimate to refute excess weight charges, for instance.

A successful move requires early planning and hard work, officials noted. Members must understand their entitlements and responsibilities concerning shipment of household goods, unaccompanied baggage, boats and firearms. Other tips of interest:

- o An easy and fairly dependable method for estimating the weight of household goods is to figure 1,000 pounds per room, not including storage rooms and bathrooms. Then add the estimated weight of larger appliances and items in the garage and storage rooms.
- o The weight of professional books, papers and equipment doesn’t count against your allowance. You also may be eligible to ship under other provisions — consult your local transportation office for help.
- o Get appraisals for expensive and valuable items, such as artwork, collectibles and heirlooms. The government will not pay to have appraisals done, but you’ll need them if you want to receive full value for loss and damage claims.
- o Don’t ship small, extremely valuable items such as stocks, bonds, jewelry, coins, coin collections, or items of great sentimental value, such as picture albums. Pack them in hand-carry luggage — not as checked baggage.
- o Don’t let the carrier “off the hook” by waiving your right to have him unpack your shipment. Transportation officials point out that movers’ contracts include unpacking and then removing all shipping materials and other debris. So, they said, if you work free, you make it harder on yourself — if not impossible — to



Cpl. David Salazar

All the information encased in hard copies of “It’s Your Move” booklets can now be found online.

prove losses and damages. Don’t help load or unload for the same reasons.

- o Take close-up still photos or record videotape pictures of the condition of furniture and other property before it is shipped.
- o Servicemembers being assigned overseas should check with their transportation offices about possible weight restrictions. For instance, some places provide government furniture, so the government won’t pay to ship your full weight allowance.
- o If you’re going to a weight-restricted area, the government will store the remainder of your household goods, up to your full weight allowance, or ship it to a designated location to be stored for the duration of your overseas tour.

Website aids job hunters

Linda D. Kozaryn
American Forces Press Service

WASHINGTON — Hanging up the BDUs to head back to civilian life? When Uncle Sam’s paychecks stop, you’ll most likely need a job.

Thousands of people are turning to the Defense department’s new website at www.dodtransportal.org for transition assistance in returning to civilian life.

“Transportal is designed to be the servicemember’s doorway to Internet transition and job assistance information,” according to Ollie M. Smith, Transition Assistance Program director in DoD’s Office of Educational Opportunity.

“Transportal is intended to complement the assistance provided by military transition assistance program managers,” Smith said. “People still need to visit their local transition

assistance office for pre-separation counseling, usually part of their normal out-processing procedures.”

The DoD Transition Assistance Program works with the Labor Department and Department of Veterans Affairs to provide counseling, training, workshops, briefings and guidance on the benefits and services available to veterans. The site includes a list of the locations and phone numbers of transition offices worldwide as well as links to related sites.

The site also features a section titled “Your Next Career.” It includes a mini-course on conducting successful job searches and writing winning resumes.

The site provides links to job search websites that track up to 1.5 million job listings to 100 corporate recruiting sites, and to state job websites. Users can also post their resumes for employers to view.

WORD TO PASS

KOSC Craft Fair
The Kaneohe Officers’ Spouses Club and Armed Services YMCA are sponsoring a craft fair March 17 from 9 a.m. to noon at Mokapu Elementary School aboard MCB Hawaii, Kaneohe Bay. Admission is free and door prizes will be presented throughout the morning. For more information on the craft fair or setting up a booth at the fair, call Sharon at 254-1347 or Stacie at 254-3409. Tables are \$25 for KOSC members and \$30 for non-members (\$5 refundable upon cleanup.) Table reservations must be made by March 3.

Ft. Shafter Arts and Crafts Shop
The Ft. Shafter Arts and Crafts Shop is open to all active duty retired service-members, DoD civilians and their family members. Facilities, instruction and supplies available at the shop are: wood working, ceramics, pottery, stained glass, polymer clay, lei making and children’s classes. The shop is open every Friday from 4 p.m. to 10 p.m., Saturday from 9 a.m. to 5 p.m. and Sundays from 11 a.m. to 5 p.m. For more information, call the shop at 438-1071 during their hours of operation.

WAVES
Active, retired and reserve women in the sea services interested in joining or obtaining information on Na Nalu O’Hawaii, the local WAVES chapter, should call Eugenia Woodward at 623-4735. Meetings are held the second

SemperToons By Staff Sgt. Charles Wolf



Saturday of every month and are open to women in the Navy, Navy Nurse Corps, Coast Guard, and Marine Corps.

Third MarDiv Reunions
The Third Marine Division Association will hold its 47th Annual Family Reunion in Irving, Texas Sept. 26-30. All Marines who have served with or been attached to the Third Marine Division are encouraged to attend. For more info, logon to www.caltrap.com, or call Sgt. Maj. Bill Krueger at (703) 451-3844 or Bill Ervin at (303) 494-7752.

First Battalion, 3rd Marine Regiment Reunion
Marines from 1/3 will be holding their annual reunion in conjunction with the Third MarDiv Reunion in Irving, Texas. For more information, logon to <http://members.aol.com/hatch101> or call Bill Ervin at (303) 494-7752.

Society of Military Widows
The Society of Military Widows meets the first Friday of the month at 6 p.m. at MCB Hawaii, Kaneohe Bay Officer’s Club for an informal

Mongolian Barbeque. They also meet every third Saturday of the month at different locations. For more information, call 262-7953.

Religious Poems Sought
The Bards of Burbank are offering a \$1,000 grand prize in their 2000 Poetry Competition. To enter, send one poem consisting of 21 lines or fewer to: Free Poetry Contest, PMB250, 2219 W. Olive Ave., Burbank, CA 91506 or enter online at www.friendlypoets.com. The deadline is March 17.

Mustang Club seeks members
The Mustang Association is trying to increase its membership. If you were enlisted and made it to the officer ranks, you are eligible for membership. Marines, active duty or reserve, male or female, retired or honorably discharged are welcome to join.

For an application, write to MCMA Inc., P.O. Box 1314, Delran, N.J., 08075-04121.

Sounds of Aloha seeks members
The Sounds of Aloha Chorus is looking for a few good men - who like to sing. For more than 50 years, the chorus has entertained local and mainland audiences with its unique sound, in a diverse repertoire of barbershop standards, Broadway hits, hapa haole favorites and more. The chorus rehearses every Thursday at the Ala Wai Golf Course Clubhouse, second floor, at 7 p.m., and guests are always welcome. Men interested in joining the chorus may call 262-2539 for more information, or just show up at a rehearsal. Those interested in purchasing tickets to the spring show (April 27 and 28) may call the same number.

Rod and Gun Club
The Kaneohe Rod and Gun Club meets on the first and third Tuesdays of each month at the Bachelor Officer’s Quarters conference room. For more information on joining, call Wally Heyer at 254-5739.

Texas Aggies
Texas Aggies are looking for members to start a new A&M Club. Call Cara at 254-6115 if interested.

MARINE MAKEPONOS

HAWAIIAN FOR “MARINE BARGAINS”

The deadline for submitting Marine Makeponos ads is 10 a.m. Friday the week prior to publication. Makepono ad forms may be filled out Monday through Friday from 7 a.m. to 5 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216. Ads must be submitted in person and will be accepted only from active duty and retired military personnel, their family members and MCB Hawaii civil service workers.

Ads are free and will appear in two issues of the Hawaii Marine. Marine Make-ponos may be used only for non-commercial classified ads containing items of personal property offered by and for individuals authorized to use this service. Such ads must represent incidental exchanges, not of a sustained business nature.

- Auto
- 1988 BMW 636

automatic, 2 door, sunroof, new tires, good condition. No stereo, no antenna. \$8,000. Call 254-1018.

1990 BMW 525,

white w/ black leather, automatic, power seats, locks, windows. Sunroof, 95K miles. \$10,500 OBO. K-Bay lemon lot. 254-4968.

2000 Mazda 626 LX,

chestnut 4 cyl, AM/FM/CD, power driver set, power windows/locks. Alloy wheels tinted glass. Call Ron or Juanita. 254-3006. \$17,000.

1999 Dodge Stratus,

17K miles, like new condition, power everything, C/C, A/C, 6 yr/80K miles bumper-to-bumper warranty, 24-hour roadside assistance. Only asking payoff of \$16,999. 254-1724.

1986 Kawasaki Ninja 600R,

good

shape, \$1,500 OBO. Call 262-5922 for more information.

1991 Suzuki RMX 250

rebuilt engine w/ new piston and cylinder. Lots of new parts, \$1,500. Call 262-5922.

1991 Mitsubishi Eclipse,

turbo GS, 5 speed, air conditioning, AM/FM stereo and cassette, runs well. Blue Book retail, \$5,220, asking \$4,000 OBO. Call 2534-2134.

2000 Ford ZX2

fully loaded, asking payoff, only \$11,800. Please call 254-8052 or 780-3982.

1995 Chevy Conversion,

runs great, clean, seats eight or seven. Loaded, dual A/C, radio, alarm, TV/VCR \$9,500 OBO. Call 253-0817.

1993 Nissan Sentra,

\$3,900. Mint engine, no leaks, air, cruise, AM/FM cassette, automatic, always maintained. Reliable — never broken down. Call 254-5362.